

Recipes *for Today*





Staunch Friends

for Today's Kitchens

Every kitchen today is sharing its food. We are on rations! And because we must buy and use less, we cannot afford to invest in mistakes.

So today's kitchens turn to dependable products—foods that taste good and look attractive, that are always uniform in quality, that contribute nourishing goodness to menus, and are easy to use.

General Foods believes in quality products and for years has offered a wide variety of fine foods, serviced for just such uniformity, dependability, and usefulness.

Among these are Post Cereals, which offer, not only convenience and fine flavor, but important full grain nutritive values. Nourishing beverages that can be made with milk, like Postum and Baker's Breakfast Cocoa. Time-savers like Jell-O and Minute Tapioca, and fine home-baking aids, like Swans Down and Calumet.

These products and many others, all delicious and useful, are produced in modern, sanitary food plants under American standards. They are products to count on for good eating, in wartime or in peace.

GRAPE-NUTS

GRAPE-NUTS FLAKES

GRAPE-NUTS WHEAT-MEAL

POST TOASTIES

POST'S 40% BRAN FLAKES

POST-TENS

POSTUM

BAKER'S BREAKFAST COCOA

BAKER'S CHOCOLATE

MAXWELL HOUSE COFFEE AND TEA

KAFFEE HAG AND SANKA COFFEE

BAKER'S COCONUT

JELL-O

JELL-O PUDDINGS

JELL-O ICE CREAM POWDER

D-ZERTA

MINUTE GELATIN

MINUTE TAPIOCA

BIRDS EYE FROSTED FOODS

SWANS DOWN CAKE FLOUR

CALUMET BAKING POWDER

LOG CABIN SYRUP

CERTO AND SURE-JELL

DIAMOND CRYSTAL SHAKER SALT



Consumer Service Department

GENERAL FOODS CORPORATION • 250 Park Avenue, New York, N. Y.

Dear Uncle Sam:

I am not a WAVE nor a WAAC, but I am working for you just the same, all in the big cause of supplying more food for our soldiers and our armies of civilians and allies. And you'll be glad to know I have advanced myself from rookie, 3rd class, to kitchen lieutenant since Pearl Harbor.

Before that, Prunella (our cat) and I never had to use our native talents so much. Now everything's different. I handle the meal job at our house single-handed, rations and all, and I do believe I'm as good a manager as Great-grandmother. Remember? They called her the Pioneer Woman.

She's a wonderful help to me just the same, for when something new comes up I think, "What would Grandmother have done with no this or no that?" I get lots of help, too, from cook books and reading newspapers and magazines, and on the radio.

I have learned so much that I'm going to write it down, all in one place. Only my best rules and recipes that I use most. They work just fine.

MY WARTIME FOOD RULES

1. *Get down to good, plain food.* This means think about more soups, stews, meat loaves, cereals, beans and peas, potatoes, and lots of fresh-grown foods too.
2. *Work harder planning, buying, and cooking.* Pick the foods that are best for health and good spirits; then make them look and taste just perfect so the family likes them.
3. *Buy the most for the money,* that is, products that are good every time, that have the most nourishment, and that save time and fuel. (Remember to read the packages for all the facts!)
4. *Learn all about the food rations.* Read what the government says and take the changes that come in good heart. Now's the time to show that famous American ingenuity, like Grandmother did.
5. *Never waste a bit of food;* there's always a good way to use it. Learn how from olden times, or from neighbors and experts.

Of course, Uncle Sam, I could also write down about the garden and canning, but I think this time I'll just stick to my sure, tested recipes.

Best luck to you and all our grand boys with the war.

Your loving niece,

Victorianna

Stews are natural-born meat-stretchers and you can count on them to make the most of whatever the meat man sells. Any low-cost cut of meat plus vegetables at hand will make a fine stew. Remember, too, it's good managing to make enough for two meals, then skip a day in serving, perhaps like the dinners on pages 6-7.



How to make *Grand* stews

★ MEAT STEW WITH VEGETABLES

Allow 1 pound clear meat or $1\frac{1}{2}$ pounds meat and bones for 6 servings. Trim bits of fat from meat and heat them slowly in heavy deep skillet or kettle. Use kettle that can be tightly covered.

Cut meat in uniform pieces (about $1\frac{1}{2}$ inches), dredge well with salted flour, and brown well in fat in kettle, turning to brown all sides. Add water to cover meat, cover kettle tightly, and let simmer until meat is tender. *Do not boil.* Veal, pork, and lamb take $1\frac{1}{2}$ to 2 hours; beef, $2\frac{1}{2}$ to 3 hours.

To add vegetables, cut onions, potatoes, celery, carrots, or other vegetables in slices, cubes, or strips. Add to stew to cook with meat during last 30 to 45 minutes. Add seasonings to taste. Cooked vegetables may be used, but should be added only during the last 5 minutes of cooking.

For a light stew (usually lamb) meat is not browned or floured. But stew must be thickened before serving.

For thickening, sprinkle Minute Tapioca into hot stew, stirring well, and bring mixture to a full boil. Allow 1 tablespoon Minute Tapioca to 1 quart stew. Or thicken with flour and water paste.

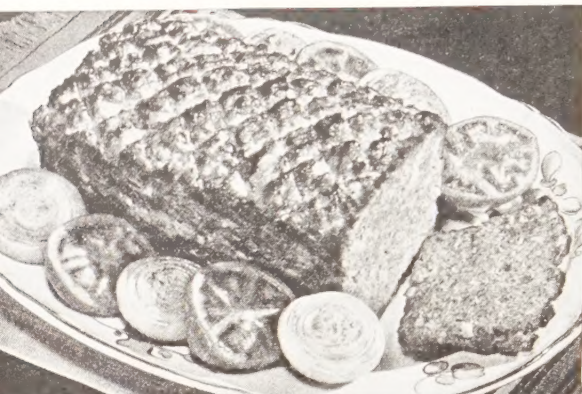
★ GOOD FLAVOR COMBINATIONS

BEEF STEW. Choose cuts from neck, brisket, flank, shank, chuck, or heel of round.

For vegetables, choose from onions, carrots, turnips, celery, potatoes, green beans, cabbage. Or use tomatoes as part of liquid.

For seasonings, choose from pepper, green pepper, minced celery tops, carrot tops, or parsley, garlic, paprika, chili powder, Worcestershire sauce, ketchup, vinegar, clove, basil.

Thrift meats for dinner



★ DELICIOUS HAM LOAF

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|--|---------------------------------|
| 3 tablespoons minced onion | 6 tablespoons Minute Tapioca |
| 1 cup finely chopped celery | 3 tablespoons pickle relish |
| 2 tablespoons fat | 1 teaspoon Worcestershire sauce |
| ½ pound lean ham, ground, or | 1 teaspoon salt |
| 2 cups (packed) ground cooked ham | ¼ teaspoon pepper |
| 1 pound lean beef, pork, or veal, ground | 1 ⅓ cups milk and pea liquor |
| | 1 cup cooked peas |

Sauté onions and celery in fat. Combine meat, Minute Tapioca, and seasonings; mix well. Add milk and mix again. Add peas. Bake in greased loaf pan, 8x4x3 inches, in hot oven (450° F.) 15 minutes; then decrease heat to moderate (350° F.) and bake 45 minutes longer. Serve hot or cold. Makes 6 to 8 servings.

To make the attractive top illustrated above, score loaf lightly with knife in a crisscross pattern before baking.

★ BAKED FISH LOAF

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| 3 cups Post Toasties, or | 1 tablespoon chopped chives or minced onion |
| 2 cups Post's 40% Bran Flakes or Grape-Nuts Flakes | 1 tablespoon lemon juice |
| 1 ½ cups milk | ¼ teaspoon thyme |
| ⅓ cup sour cream | 1 teaspoon salt |
| 2 cups flaked cooked fish | Dash of pepper |
| 1 tablespoon chopped parsley | 2 eggs, well beaten |

Crush cereal flakes slightly; add milk and cream. Add all ingredients, except eggs, and beat thoroughly. Then fold in beaten eggs. Pack into well-greased 8x4x3-inch loaf pan and bake in moderate oven (375° F.) 1 hour. Serve with medium white sauce flavored with small amount of mustard. Makes 6 to 8 servings.

★ FAMILY MEAT LOAF

Small Meat Loaf. Prepare half this recipe, using 1 small egg or 1½ tablespoons slightly beaten egg. Bake in 8x4x3-inch loaf pan 1 hour. Makes 4 to 6 servings.

Meat Loaf, using Cooked Meat. Prepare half this recipe, using 1 cup ground cooked veal and 1 cup ground cooked pork for meat, and 1 small egg or 1½ tablespoons slightly beaten egg. Bake in 8x4x3-inch loaf pan 50 minutes. Makes 4 to 6 servings.

★ HEART BAKED WITH GRAPE-NUTS

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| 1/2 beef heart (about 2 pounds),
cooked | 1 cup Grape-Nuts |
| 2 tablespoons fat | 1/2 teaspoon salt |
| 1 cup sliced onions | 1/4 teaspoon pepper |
| 1/2 cup finely chopped celery | 2 whole cloves |
| | Few drops Tabasco |

To cook heart, wash thoroughly. Remove veins and arteries. Cut in about 6 pieces. Simmer in salted water 1 to 1½ hours, or until tender. Drain and measure 1½ cups stock. Remove fat from heart, and cut heart in ¼-inch slices.

Melt fat in skillet; add onions and celery and sauté until tender. Add $\frac{3}{4}$ cup Grape-Nuts. Combine with heart, stock, and seasonings. Turn into greased baking dish and sprinkle with remaining Grape-Nuts. Top with thin onion rings brushed with melted butter and paprika. (Butter onion rings again during baking.) Bake in moderate oven (350° F.) 40 minutes. Makes 6 to 8 servings.

This dish may be made using 2 cups stewed tomatoes for stock. Also $\frac{1}{4}$ cup chopped green pepper may be sautéed with onion.

★ CHICKEN AND SPLIT PEA SQUARES

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| $\frac{3}{4}$ cup quick-cooking split peas | $1\frac{1}{2}$ cups coarsely cut cooked chicken, veal, or pork |
| 1 small bay leaf | 3 tablespoons minced onion |
| 2 cups chicken stock, or 2 cups water and 2 bouillon cubes | $\frac{1}{3}$ cup Minute Tapioca |
| $\frac{2}{3}$ cup finely diced carrots | 1 teaspoon salt |
| 1 cup thinly sliced celery | Dash of pepper |
| 3 strips bacon | $\frac{1}{2}$ cup milk |

Combine peas, bay leaf, and stock in small saucepan. Cover and cook gently 30 minutes, stirring occasionally. Add carrots. Cover and cook about 15 minutes longer, or until peas are tender, stirring frequently. Remove bay leaf. Measure 2 cups. If necessary, add milk to equal that amount.

Combine cooked mixture with remaining ingredients, except bacon, mixing thoroughly. Spread in greased 8x8x2-inch pan. Place bacon strips across top. Bake in hot oven (450° F.) 35 minutes, or until browned, tipping pan occasionally to spread melted bacon fat and allow bacon to crisp. If necessary, place under broiler to brown. Cut in squares and serve hot. Makes 6 servings.

★ QUICK SPAGHETTI

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| 6 to 8 ounces broken spaghetti, cooked and seasoned | $1\frac{1}{4}$ cups condensed consommé, or $1\frac{1}{4}$ cups water and 2 bouillon cubes |
| $\frac{1}{2}$ pound chopped beef or diced liver | $\frac{1}{2}$ teaspoon salt |
| Salt and pepper | Dash of cayenne |
| $\frac{3}{4}$ cup thinly sliced onions | $\frac{3}{4}$ teaspoon Worcestershire sauce |
| $\frac{1}{2}$ cup green pepper, cut in thin strips | 3 tablespoons grated Parmesan cheese |
| $\frac{2}{3}$ cup tomato paste or sauce | 1 teaspoon vinegar |

To cook spaghetti, drop it into a large amount of boiling salted water. Lift or stir with fork frequently to keep spaghetti from sticking to pan. Boil until just tender. Drain well. Season with salt and pepper.

Separate meat into small pieces with fork and season lightly. Place in hot skillet and heat until red color just disappears, tossing with fork. Remove meat, leaving drippings in skillet. Add onions and green pepper to drippings, cover, and cook gently 5 minutes. (Add more fat if necessary.) Then add meat, tomato paste, and remaining ingredients. Simmer gently 10 minutes. Add spaghetti and reheat. Serve with additional Parmesan cheese, if desired. Makes 6 to 8 servings, depending upon amount of spaghetti used. Grated American cheese may be used instead of Parmesan.

• *When it comes to nutrition, the experts say that meat is meat—a fancy cut is no better for us than a thrifty one. It contains protein, minerals, and vitamins too valuable to lose. So never waste a morsel.*



Thick, nourishing soups are patriotic "extenders", perfect to ladle out of an old-fashioned tureen at the family table. Any of these soups will make a satisfying main dish, maybe enough for two meals! The secret is rich flavor. It calls for slow cooking, and careful seasoning. All these fine points are discussed right here.



Soups **good for a meal**

★ GOOD MEAT AND VEGETABLE SOUP

Allow 1 shank, or knuckle bone or several smaller bones and 1½ pounds soup meat (shank, neck, brisket, or flank) for making 3 quarts soup. Have bones cracked to loosen marrow; wipe well with damp cloth. Cut meat in uniform pieces (about ¾ inch). Use heavy kettle that can be tightly covered.

Trim bits of fat from meat or use some of the marrow, and heat slowly in kettle. Brown half of meat in this fat, add remaining meat, bone, and seasonings of 1 onion, 1 bay leaf, 3 peppercorns, 2 cloves, and a few carrot tops and celery tops. Add 3½ quarts water, bring to boiling point, then reduce heat and simmer, covered, 3 to 4 hours. Remove bone and seasonings, or strain soup. Skim excess fat from top of stock with spoon. Return

Add vegetables: 2 or 3 onions, potatoes, celery stalks, and carrots, cut in slices, cubes, or strips, and canned or fresh tomatoes. Cook 30 to 45 minutes. Season to taste with salt and pepper and any special seasonings.

For special soup seasonings, choose from paprika, allspice, thyme, sage, mace, marjoram, savory, basil, celery salt, nutmeg, green pepper, curry powder, and caraway seed, minced parsley, vinegar, or lemon juice. Do not use too many different flavors at once. Experiment with a few favorites and consult the herb suggestions on page 39 for good flavor combinations.

For other soup vegetables, choose from corn, peas, turnips, green pepper, string beans, okra, and cabbage.

For very hearty soup, add macaroni, spaghetti, rice, or barley to soup during the last ¼- or ½-hour of cooking.

★ A MODERN SOUP POT

For thrifty soups or stock, save all meat trimmings and left-over pieces of cooked meat and fowl, bones, vegetables, broth, gravy, liquid from cooked vegetables or rice or macaroni, and trimmings from lettuce, celery, or other vegetables. Keep fresh in refrigerator. Every few days, collect these in soup kettle. For flavor add sliced onions, chopped carrots, minced carrot tops and celery tops, a fresh meat bone if you have one, or a little chopped beef or some bouillon cubes. Add extra water or tomatoes for liquid as needed. Simmer until all ingredients are tender, adding rice, barley, or cubes of potatoes, and salt, pepper, and other desired seasonings, during last $\frac{1}{2}$ -hour of cooking. Remove bones and serve. Or strain and use as stock.

★ BEAN, PEA, OR LENTIL SOUP

1 cup dried beans, peas, or lentils	1 stalk celery
4 cups cold water	1 whole clove
2 ounces salt pork	1 bay leaf
1 medium onion	1 teaspoon salt
	Dash of pepper

Pick over beans, peas, or lentils. Wash, cover well with water, and let soak overnight. In the morning, pour off and measure water, adding enough to make 4 cups, if necessary.

Combine all ingredients in kettle. Cover and simmer 2 hours, or until beans, peas, or lentils are soft. Drain, reserving liquid. Remove salt pork and chop or purée vegetables. Combine with liquid and add any additional seasonings desired. Reheat and serve with croutons, crackers, or Soup Toasties (page 13).

These soups will vary slightly in thickness. If too thick, thin with milk, bouillon cube dissolved in water, or vegetable stock. If too thin, thicken slightly with flour and water paste.

Ham bone, bacon, or bacon rind, or left-over gravy may be used instead of salt pork. Ham or chicken stock or some tomato may be used for part of liquid. Adjust amount of salt as necessary; little will be needed with ham stock or bone. Left-over cooked vegetables may be used for added flavor.

★ GOOD FLAVOR COMBINATIONS

BEAN SOUP. For added seasonings, use chili powder and parsley; or sage and celery tops; or paprika and nutmeg. Serve with bits of broiled bacon, lemon slices, diced hard-cooked egg, or parsley.

PEA SOUP. For added seasonings, use carrot and a little sauerkraut; or mustard and paprika. Serve with grated carrots, thinly sliced frankfurts, minced ham, chives, or parsley.

LENTIL SOUP. For added seasonings, use lemon juice and celery salt; chili powder; or sage. Serve with slices of hard-cooked egg, lemon, or grated cheese.

★ CREAM OF VEGETABLE SOUPS

2 cups cooked vegetable, puréed or chopped	1 to 2 tablespoons butter or bacon fat
1 cup meat or vegetable stock or water and chicken bouillon cube	2½ cups milk
1 to 2 tablespoons minced onion	2 tablespoons Minute Tapioca
	Salt and pepper

For vegetables use spinach, green beans, peas, asparagus, corn, potatoes, carrots, celery, or Lima beans, or a combination. Cook enough vegetable in boiling salted water to make 2 cups, cooked. Drain, reserving stock. Chop or purée vegetable. Canned or leftover cooked vegetables may be used.

Sauté onions in fat in top of double boiler about 2 minutes. Add milk and stock and Minute Tapioca. Bring quickly to a full boil, stirring constantly. Place over boiling water. Add vegetable and reheat. Season. Sprinkle with minced parsley, chives, or celery leaves. Serve with Soup Toasties. Makes 6 servings.

Soup Toasties. Heat 3 cups Post Toasties, Grape-Nuts Flakes, or Post's 40%, Bran Flakes in saucepan, shaking pan over heat. Pour 1 tablespoon melted butter or bacon fat over flakes, tossing lightly. Sprinkle on soup just before serving, or pass like croutons.

★ POTATO AND LEEK SOUP

Cook 1½ quarts sliced potatoes and 1 pint sliced leeks in 1½ quarts stock, or water and bouillon cubes, 15 minutes or until very soft. Press through sieve. Reheat, adding 1 cup top milk, 2 tablespoons butter or margarine, 4 teaspoons salt, and dash of pepper. If too thick, thin with milk, or water and bouillon cube. Serve with small slices of crisp toast. Makes 6 to 8 servings.

★ FISH CHOWDER

¼ cup diced fat salt pork	2 to 3 pounds cod or haddock
¼ cup sliced onions	2½ teaspoons salt
2 cups hot water	Dash of pepper
2 cups sliced potatoes	1 cup evaporated milk
	3 cups fresh milk

Try out salt pork in kettle until crisp and delicately browned. Add onions and sauté slowly. Add water and potatoes and cook 5 minutes, or until potatoes are partially done. Then add fish, and cook until it can be separated into large flakes with fork. Remove skin and bones. Add evaporated and fresh milk. Reheat and season. Makes 6 servings.

● *Nice to come home to a dinner like this of rich soup and lots of pancakes. Meat and Vegetable Soup*—Crackers Celery Stuffed with Cottage Cheese Handy Pancakes*—Log Cabin Syrup*



★ DINNER CASSEROLES FROM LEFT-OVERS

Delicious casseroles may be made from small amounts of left-over cooked meat, poultry, fish, eggs, vegetables, rice, macaroni, and noodles. Cut ingredients into cubes, strips, or slices. To bring out best flavor of meat, sauté with a little minced onion in fat. Combine ingredients with well-seasoned gravy or sauce, using $\frac{1}{2}$ as much sauce as total other ingredients. Bits of sautéed mushroom, green pepper, celery, tomato, or special seasonings may be added for extra flavor. Sprinkle with Victory Topping (page 16). Bake in moderate oven (350° F.) $\frac{1}{2}$ hour.

★ GOOD FLAVOR COMBINATIONS

Using left-over *cooked* foods and Victory Topping

BEEF CASSEROLES. Use beef with white onions, peas, carrots, and gravy. Or beef with celery, rice, and Spanish Sauce (page 19).

VEAL CASSEROLES. Use veal with Lima beans, corn, and tomato sauce in nest of well-seasoned spaghetti. Or veal with chives, sautéed mushrooms, carrots, potato balls or cubes, and gravy.

PORK CASSEROLES. Use layers of pork, sweet potatoes, and raw apple rings with a little cider or water—no sauce needed. Or pork with rice, thin raw onion rings, peas, and tomatoes.

HAM CASSEROLES. Use ham with cauliflower or cabbage and cheese sauce. Or ham with string beans, noodles, and mushroom sauce. Or ham with corn and Green Pea Sauce (page 16).

LAMB CASSEROLES. Use lamb with green beans, rice, a few raisins, and curry sauce. Or lamb with cubed turnips, peas, carrots, and gravy; make a border of overlapping slices of potato around edge of casserole and fill in center with Victory Topping.

★ VICTORY TOPPING

- 1 cup Post Toasties, Grape-Nuts Flakes, or Post's 40% Bran Flakes
- 1 teaspoon melted butter or margarine
- $\frac{1}{4}$ cup grated American cheese

Use cereal flakes whole or crush slightly. Heat in saucepan, shaking pan back and forth over heat. Pour butter over hot flakes and toss lightly to distribute butter evenly. Put into bowl; add grated cheese and mix lightly. Sprinkle as topping over any creamed dish or casserole. Makes topping for small casserole.

A little minced onion may be sautéed in the melted butter. Cheese may be omitted. Bits of cooked bacon or ham may be added.

★ HAMBURGER PINWHEELS

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| $\frac{1}{2}$ cup minced onion | Dash of pepper |
| 2 tablespoons fat | $\frac{1}{3}$ cup fine soft bread crumbs |
| $\frac{3}{4}$ pound ground beef | $\frac{1}{3}$ cup milk |
| 1 teaspoon salt | Biscuit dough (page 24) |

Sauté onions in fat in covered saucepan 5 minutes; measure 2 tablespoons and add to meat with salt, pepper, bread crumbs, and milk; mix thoroughly. (Ground lamb may also be used.)

Mix biscuit dough, adding remaining onions to flour with shortening. Roll dough into 12x9-inch rectangle. Spread with hamburger mixture and roll lengthwise as for jelly roll, wetting edge to seal. Cut in 12 slices; place, cut-side up, on greased baking sheet. Bake in hot oven (450° F.) 20 minutes, or until done. Serve hot with Green Pea Sauce. Makes 6 servings.

Green Pea Sauce. Make 2 cups medium white sauce, browning butter and adding 2 bouillon cubes. Add $\frac{3}{4}$ cup drained cooked peas.

★ GRAPE-NUTS STUFFED ONIONS

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| 6 large onions | $\frac{1}{2}$ teaspoon salt |
| $\frac{1}{2}$ cup ($\frac{1}{4}$ pound) sausage meat | $\frac{1}{2}$ teaspoon pepper |
| | 1 tablespoon melted fat |
| $\frac{1}{2}$ cup Grape-Nuts | 1 tablespoon ketchup |

Peel onions; cook 15 minutes in large amount of boiling salted water. Drain, cool, and remove centers from stem end, making little cups. Chop centers and combine with sausage and remaining ingredients. Fill onions with mixture and place in greased baking dish. Each may be topped with $\frac{1}{3}$ slice bacon. Bake in moderate oven (375° F.) 45 minutes, or until tender. Makes 6 servings.

★ HAM OR BEEF SHORTCAKES

Use Corn Muffins (page 25) or Biscuits (page 24). Split each and spread with softened butter. Put together with creamed ham or chipped beef between layers and on top. Left-over muffins or biscuits may be split and toasted, then used in this way.

★ LIVER AND VEGETABLE PIE

Meat Pie Crust page 24

Heart and Vegetable Pie. One-half beef heart (about 2 pounds), cooked, may be used in place of liver in this recipe.

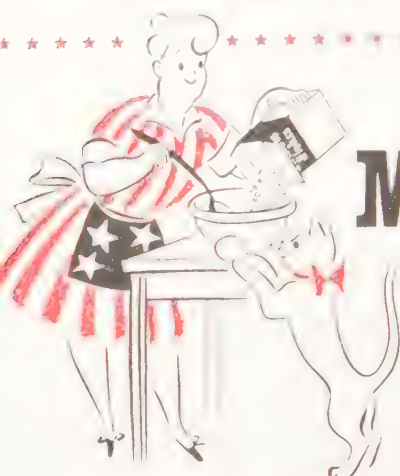
★ TAMALE PIE

Sauté onion in fat about 5 minutes, or until tender but not browned. Add chili powder, salt, and milk. Bring to a boil, add Grape-Nuts Wheat-Meal gradually, and cook 3 minutes, stirring constantly. Add meat, corn, and chili sauce; mix well. Turn into greased 9x4x2-inch baking dish. Brush top with melted fat. Bake in moderate oven (375° F.) 25 minutes. If necessary, place under broiler to brown. Cut into squares. Makes 3 to 4 servings.



● You can extend the rich flavor of meat with handy Minute Tapioca, and supplement its nutrients with the good proteins, minerals, and vitamins of cereals.

One happy way to cope with the meat shortage is to serve more meatless meals—good ones! Find egg dishes, cereal, cheese, and vegetable combinations the family likes. Here is a top-notch collection, all hearty and satisfying, and all equal to their job, too, when it comes to supplying good protein and many other meat values.



Main dishes

Without Meat

★ CEREAL SOUFFLÉ

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|---|------------------------------|
| 2 tablespoons butter or
bacon fat | 3 egg yolks, slightly beaten |
| 3 tablespoons flour | $\frac{3}{4}$ teaspoon salt |
| 1 cup milk | Dash of pepper |
| 1 cup Post Toasties, Post's 40% Bran Flakes, or Grape-Nuts Flakes | 3 egg whites, stiffly beaten |

Melt butter in saucepan. Add flour and stir to a smooth paste. Add milk gradually, stirring constantly, and cook and stir until thickened. Cool slightly; add egg yolks, salt, and pepper; blend. Fold in egg whites, then cereal flakes. Turn into greased shallow baking dish. Place in pan of hot water and bake in moderate oven (350° F.) 40 minutes, or until firm. Serve immediately with cheese, tomato, celery, mushroom, or onion sauce. Makes 4 to 6 servings.

For luncheon or supper combinations, serve this soufflé with broiled tomatoes and cheese sauce; or with creamed chipped beef or ham; or with broiled bacon and a green vegetable.

★ CRISPY BAKED EGGS

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| 1 tablespoon melted butter or bacon fat |
| 2 cups Post Toasties, Grape-Nuts Flakes, or Post's 40% Bran Flakes |
| 6 eggs |
| $\frac{1}{2}$ teaspoon salt |
| Dash of pepper |

Pour butter over cereal flakes and toss lightly to distribute evenly. Arrange flakes to form a nest in each section of greased muffin pan. Break eggs carefully, slipping one into each nest. Sprinkle with salt and pepper. Bake in slow oven (325° F.) 20 minutes, or until eggs are firm. To serve, loosen with knife and lift out gently onto plate. Makes 6 servings. (By using bacon fat for flavor with crisp flakes, this makes an excellent bacon-and-egg dish.)

★ FLUFFY OMELET

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|-------------------------------|--|
| 2 tablespoons Minute Tapioca | 1 tablespoon butter |
| $\frac{1}{4}$ teaspoon salt | 4 egg yolks, beaten until thick
and lemon-colored |
| $\frac{1}{8}$ teaspoon pepper | 4 egg whites, stiffly beaten |
| $\frac{3}{4}$ cup milk | |

Combine Minute Tapioca, salt, pepper, and milk in saucepan. Bring to a full boil, stirring constantly. Remove from fire. Add butter. Cool slightly while beating eggs. Add egg yolks and mix well. Fold into egg whites. Turn into hot, greased 10-inch frying pan. Cook over low flame 3 minutes. Then bake in moderate oven (350° F.) 15 minutes. Omelet is sufficiently cooked when a knife inserted comes out clean. Cut across at right angles to handle of pan, being careful not to cut all the way through. Fold carefully from handle to opposite side and serve on hot platter. Makes 6 servings.

Serve omelet plain, or spread with jelly before folding. Good, too, with Green Pea Sauce (page 16) or Spanish Sauce (page 19).

★ VEGETABLE CHOP SUEY

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| 1 cup ($\frac{1}{4}$ pound) sliced mushrooms | $\frac{2}{3}$ cup sliced green pepper |
| 1 cup sliced onions | 3 cups beef stock, or |
| 2 tablespoons fat | 3 cups water and |
| 2 cups chopped celery | 3 bouillon cubes |
| $\frac{1}{2}$ cup chopped celery leaves | $\frac{3}{4}$ teaspoon Worcestershire sauce |
| 1 cup green beans, cut in 1-inch pieces | 1 $\frac{1}{4}$ teaspoons salt |
| | 3 tablespoons Minute Tapioca |

Sauté mushrooms and onions in fat until onions are golden brown. Add remaining ingredients except tapioca. Cover and simmer until vegetables are tender, but still crisp. Drain; measure stock and add water to make 2¼ cups. Add stock and Minute Tapioca to vegetables and bring to brisk boil, stirring constantly. Remove from fire. Serve with well-seasoned noodles or rice. Makes 4 to 6 servings.

★ MOCK SAUSAGE PATTIES

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| 1 cup lentils | 2 tablespoons minced onion |
| 2 cups water | 1 teaspoon salt |
| Milk | $\frac{1}{2}$ to 1 teaspoon sage |
| 1 cup Grape-Nuts | 1 tablespoon melted fat |
| | 2 eggs, well beaten |

Soak lentils in water overnight. Cook in same water until soft. Drain. Add enough milk to lentil liquor to make $\frac{1}{4}$ cup liquid. Force lentils through sieve. Add liquid and remaining ingredients in order given, and mix thoroughly. Let stand 30 minutes. Shape in patties, $\frac{1}{2}$ inch thick, and roll lightly in flour. Fry in small

amount of bacon drippings or other fat, browning both sides. Serve with brown gravy or tomato sauce. Makes 12 patties or 6 servings.

★ CHEESE POTATO PUFFS

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| 2 cups well-seasoned mashed potatoes | 1 cup Post Toasties, or |
| $\frac{1}{2}$ cup grated American cheese | 1 cup Grape-Nuts Flakes |
| 1 teaspoon minced onion | or Post's 100% Bran |
| | Flakes, slightly crushed |

Combine potatoes, cheese, and onion, and mix thoroughly. Shape into balls; roll in slightly crushed cereal flakes. Bake on greased baking sheet in hot oven (400° F.) 20 minutes. Makes 6.

★ CREAMY CHEESE MOLD

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|---|---------------------------------------|
| 1 package Uniflow, Jell-O | 1 teaspoon minced onion |
| $1\frac{1}{2}$ cups hot water | $\frac{1}{2}$ cup milk |
| $1\frac{1}{2}$ teaspoons vinegar | $\frac{1}{2}$ cup cottage cheese or |
| $\frac{1}{2}$ teaspoon salt | grated American cheese |
| $\frac{1}{2}$ cup mayonnaise | $\frac{1}{2}$ cup chopped cucumber or |
| $\frac{1}{2}$ teaspoon paprika | celery |
| 3 tablespoons finely chopped green pepper | |

Dissolve Jell-O in hot water. Add vinegar and salt. Add mayonnaise, paprika, onion, and milk, and beat with rotary egg beater to blend. Chill until slightly thickened. Beat with rotary beater until fluffy. Fold in remaining ingredients. Turn into mold. Chill until firm. Unmold on crisp greens. Garnish with radish roses or slices. Makes 6 to 8 servings.

★ VEGETABLE CHOWDER

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|------------------------------------|------------------------------|
| 2 tablespoons fat | 1 cup water |
| 1 tablespoon minced onion | 2 tablespoons Minute Tapioca |
| 2 tablespoons chopped green pepper | $\frac{1}{2}$ teaspoon sugar |
| 1 cup peas | $\frac{1}{4}$ teaspoon salt |
| 1 cup diced carrots | 1 cup cooked corn |
| | $3\frac{1}{2}$ cups milk |

Melt fat in saucepan; add onion and green pepper and cook 10 minutes, stirring frequently; then add peas, carrots, and water, and cook slowly 20 to 30 minutes, or until vegetables are tender.

Add Minute Tapioca, sugar, salt, corn, and milk. Bring mixture quickly to a full boil, stirring constantly. Serve, or keep hot by placing over boiling water. Makes 6 servings.



• *Pick Post Cereals, too, for protein. An ounce serving with $\frac{1}{3}$ cup milk gives 8% to 9% of the day's protein requirement. So these cereals can help to pinch-hit for meat in all its important values.*

Any day's meals will taste better and be better when they include a salad. Use tart Jell-O to stretch odd bits of fruit or vegetables into gay molded salads and never forget salad greens. Fresh raw salads offer more vitamins for our diets than any other one type of food. So let the whole family in on the every-day-a-salad habit.



Salads

Green

and Sprightly

★ FRESH GREEN SALADS

Keep on hand a supply of fresh, washed, crisp greens in refrigerator container, and enough well-seasoned French dressing so that you can toss together a green salad for any meal. Replenish the greens every market day or as the Victory Garden supplies them. But before putting them away, wash the greens very clean and dry or drain well. Chill, tightly covered, in refrigerator.

For these salads, try new kinds of greens; mix them with standbys. Add bits of more pungent greens to the milder kinds; mix dark greens with light; add pieces of raw or cooked vegetables, fruits, and cheese; and add favorite relishes, herbs, and seasonings.

To Mix a Green Salad, use large chilled bowl to allow for tossing ingredients. Rub bowl lightly with cut clove of garlic for subtle flavor. Put in chilled greens, tearing large leaves into small pieces, shredding any old or tough outside leaves, mincing the highly flavored ones. Then add French dressing, a little at a time, tossing greens lightly with salad fork to coat all leaves well. Serve.

SALAD GREENS include lettuce, romaine, escarole, chicory, fennel, cabbage, dandelions, beet tops, cress, spinach, chard, and others.

FLAVORFUL ADDITIONS include chives, parsley, carrot tops, celery tops, scallions, onions, cauliflower, green peppers, tomatoes, turnip, carrots, cucumber, radishes, cheese, avocado, apple, grapefruit, pineapple, or nuts and raisins.

French Dressing. Combine $\frac{1}{3}$ cup vinegar or lemon juice with 1 cup salad oil, and seasonings of salt, pepper, and paprika to taste. Any number of other seasonings may be used. Scraped onion and sugar are almost always added. Others include garlic, mustard, cayenne, Worcestershire, Tabasco, and the use of special vinegars or oils.

★ CREAMY CABBAGE SLAW

Delicious slaw can be made using green cabbage (best for vitamins) or white cabbage, or mixed red and white cabbage. Or use combinations, such as cabbage with carrots, with celery and cucumber, pineapple, apple, peanuts, or olives.

Allow $\frac{1}{4}$ large head or $\frac{1}{2}$ medium head for 1 pint slaw. Select a firm head of cabbage. Remove any wilted outside leaves, cut head in halves or quarters, and soak in very cold water until very crisp. Shake free from water, drain well, and chill thoroughly.

Place cabbage on board, cut off core, then slice cabbage fine with long sharp knife. Toss in large bowl with enough Cream Dressing to coat shreds well. Chill 15 minutes and serve.

To dress up cabbage slaw, add grated raw carrot and chopped green pepper, or diced celery and cucumber; diced pineapple, red apple, chopped peanuts, or sliced stuffed olives.

Cream Dressing for Slaw. Mix together $\frac{1}{2}$ cup sour cream (or mayonnaise and sour cream, or light cream), 2 to 3 teaspoons vinegar, 1 or 2 teaspoons sugar, 1 teaspoon salt, dash of pepper, pinch of celery seed, and, if desired, $\frac{1}{4}$ teaspoon scraped onion.

★ HOSTESS SALAD

- | | |
|---|---|
| 1 package Lemon Jell-O | 1 pimiento, cut in strips |
| 1 pint hot water | 2 hard-cooked eggs, cut in large pieces |
| 1 tablespoon vinegar | |
| $\frac{1}{4}$ teaspoon salt | 1 cup chopped celery |
| Dash of cayenne | $\frac{1}{2}$ cup chopped olives |
| 1 $\frac{1}{2}$ teaspoons chopped chives, or 1 teaspoon scraped onion | |

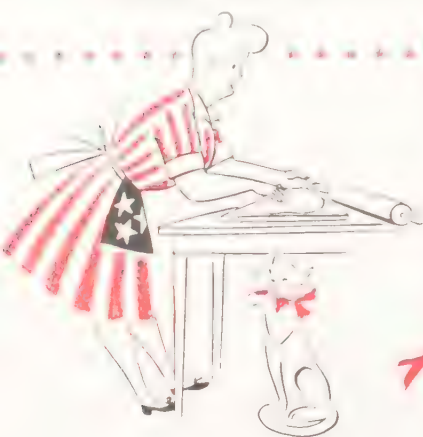
Dissolve Jell-O in hot water. Add vinegar, $\frac{1}{4}$ teaspoon salt, and cayenne. Chill until slightly thickened. Arrange pimiento strips in individual molds. Season eggs and celery with $\frac{1}{4}$ teaspoon salt; add remaining ingredients. Fold into slightly thickened Jell-O. Turn into individual molds and chill until firm. Unmold on crisp salad greens. Garnish with mayonnaise. Makes 6 to 8 servings.

★ PEACH AND CHEESE BALL SALAD

- | | |
|------------------------------|-----------------------------------|
| 1 package Raspberry Jell-O | 6 peach halves |
| 1 cup hot water | 1 package (3 ounces) cream cheese |
| 1 cup peach juice and water | |
| 2 teaspoons tarragon vinegar | Chopped toasted nut meats |

Dissolve Jell-O in hot water, add peach juice and water and vinegar. Pour a thin layer into loaf pan and chill until firm. Chill remaining Jell-O until slightly thickened. Arrange peach halves on firm Jell-O, rounded side up. Pour slightly thickened Jell-O over peaches and chill until firm. Roll cheese in 6 balls and roll in nuts. Unmold Jell-O. Cut in squares and serve on crisp salad greens. Place a cheese ball on center of each peach half. Serve with French dressing or mayonnaise. Makes 6 servings.

Hurray! There's no shortage here. Cereals and breads are to be our stand-bys! So let's serve more home-baked hot breads. They offer one of the world's best ways to pad out slim pickin's. Learn to make a few of the very best, right here. Then use simple changes for variety. You'll be saving money, too—that's for war stamps!



Quick breads

A'plenty

★ GUIDE TO BISCUIT MIXTURES

	Biscuits	Shortcakes	Meat Pie Crust	Dumplings
Swans Down Cake Flour, sifted*	2 cups	3 cups	1 ½ cups	1 cup
Calumet Baking Powder	2 teaspoons	3 teaspoons	1 ½ teaspoons	1 ¼ teaspoons
Salt	½ teaspoon	1 teaspoon	¼ teaspoon	½ teaspoon
Shortening	5 tablespoons	½ cup	4 tablespoons	1 teaspoon, melted
Milk	½ cup	¾ cup	⅓ cup	⅓ cup

*If Swans Down Cake Flour is not available, all-purpose flour may be used, increasing the milk about 2 tablespoons for each cup of flour in the recipe.

Sift flour once, measure, add baking powder and salt, and sift again. Cut in shortening. Add milk all at once and stir carefully until all flour is dampened. Then stir vigorously until mixture forms a soft dough and follows spoon around bowl. Turn out on lightly floured board and knead 30 seconds. Shape as directed below.

Biscuits. Roll dough ½ inch thick. Cut with floured 2-inch cutter. Place on ungreased baking sheet. Bake in hot oven (450° F.) 12 to 15 minutes. Makes 12 biscuits.

Shortcakes. Roll dough ¼ inch thick. Cut with 3-inch floured cutter. Place half of circles on ungreased baking sheet; brush with

melted butter. Place remaining circles on top and butter tops well. Bake in hot oven (450° F.) 15 to 20 minutes. Split apart, spreading soft butter and crushed sweetened fruit between halves of hot shortcakes. Then put together with additional fruit on top. Serve plain or with Whipped Cream (page 37). Makes 8 servings.

Meat Pie Crust. Roll dough $\frac{1}{4}$ inch thick; with sharp knife make slits to permit escape of steam. Fit over meat mixture in casserole, moistening edge of casserole and pressing dough against edge to seal. Bake in hot oven (450° F.) about 20 minutes, or until browned.

Dumplings. Sift together dry ingredients, as directed above. Add melted shortening to milk; then add to flour and stir carefully until all flour is dampened and soft dough is formed. Drop from teaspoon onto boiling stew; cover very tightly and cook without removing cover, so that dumplings will be light and fluffy. Cook 5 to 7 minutes, according to size of dumplings. Makes 6 to 8 dumplings.

★ FRIED WHEAT-MEAL

$\frac{1}{2}$ teaspoon salt $2\frac{3}{4}$ cups boiling water
 $\frac{3}{4}$ cup Grape-Nuts Wheat-Meal

Add salt to boiling water in saucepan. Add cereal slowly, stirring constantly. Bring again to a boil and cook 3 minutes, stirring constantly. Pour into cold wet mold. Round baking powder cans are good. Let stand overnight or until thoroughly cold and firm. Turn from pan, slice in $\frac{3}{8}$ -inch slices, and sauté in small amount of bacon fat or other fat, turning to brown both sides. Serve with Log Cabin Syrup. Makes 6 servings. Left-over cooked Grape-Nuts Wheat-Meal may be used in this way.

★ CALUMET MUFFINS

2 cups sifted flour $\frac{1}{2}$ to $\frac{3}{4}$ teaspoon salt
2 teaspoons Calumet Baking Powder 1 egg, well beaten
1 cup milk
2 tablespoons sugar 4 tablespoons melted shortening

Sift flour once, measure, add baking powder, sugar, and salt, and sift again. Combine egg, milk, and shortening; add to flour, beating only enough to dampen all flour. Bake in greased muffin pans in hot oven (425° F.) 25 minutes, or until done. Makes 12 muffins.

Corn Muffins. Use $1\frac{1}{4}$ cups sifted flour and $\frac{3}{4}$ cup yellow corn meal instead of 2 cups flour in muffin recipe. Increase baking powder to $2\frac{1}{2}$ teaspoons, sugar to 4 tablespoons, and shortening to $\frac{1}{3}$ cup. Makes 10 muffins.

Blueberry Muffins. Follow Calumet Muffin recipe, but add $\frac{1}{2}$ to $\frac{3}{4}$ cup blueberries to batter.

Bran Muffins. Follow Calumet Muffin recipe, but use Bran Flakes in muffin recipe instead of 2 cups flour; and increase baking powder to $2\frac{1}{2}$ teaspoons. Use only $\frac{3}{4}$ cup milk. Molasses may be substituted for sugar. Makes 8 to 10 muffins.

★ FLAKES SANDWICH BREAD

- | | |
|--------------------------------------|--|
| 2 cups sifted flour | 1 cup Post's 40% Bran Flakes
or Grape-Nuts Flakes |
| 3 teaspoons Calumet
Baking Powder | 1 egg, well beaten |
| $\frac{1}{2}$ teaspoon salt | $\frac{3}{4}$ cup milk |
| $\frac{1}{3}$ cup sugar | 3 tablespoons molasses |
| | 3 tablespoons melted shortening |

Sift flour once, measure, add baking powder, salt, and sugar, and sift again. Add flakes and mix. Combine egg, milk, molasses, and shortening. Add to flour mixture, beating only enough to dampen all flour. Bake in greased loaf pan, 8x4x3 inches, in moderate oven (350° F.) 1 hour, or until done. Cool. Wrap in damp cloth and store several hours or overnight before slicing.

Raisin Sandwich Bread. Add $\frac{1}{2}$ cup chopped raisins to sifted flour.

Nut Sandwich Bread. Add $\frac{1}{2}$ cup chopped nuts to sifted flour mixture.

★ HANDY PANCAKES

- | | |
|--|---|
| 1 cup sifted flour | 1 $\frac{1}{2}$ cups milk |
| 2 $\frac{1}{2}$ teaspoons Calumet Baking
Powder | 1 cup Post's 40% Bran Flakes
or Grape-Nuts Flakes* |
| $\frac{3}{4}$ teaspoon salt | 3 tablespoons melted
shortening |
| 1 tablespoon sugar | Log Cabin Syrup |
| 1 egg, well beaten | |

Sift flour once, measure, add baking powder, salt, and sugar, and sift again. Combine egg and milk; add gradually to flour, beating only until smooth. Slightly crush flakes and add. Add shortening. Bake on hot greased griddle. Serve with Log Cabin Syrup or honey. Makes about 12 cakes.

*Or use 1 $\frac{1}{3}$ cups Post Toasties for the flakes in this recipe.

Instead of greasing the griddle, you can rub it with a little bag of salt before baking each batch of cakes. This keeps cakes from sticking and saves grease. For bag, tie $\frac{1}{4}$ cup salt in cheesecloth.

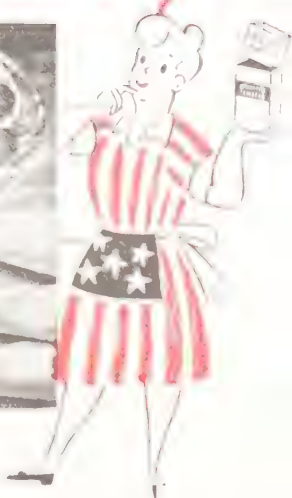
Meat Rollers. Spread well-seasoned meat mixture on each pancake, roll carefully. Serve with medium white sauce flavored with mustard or sautéed onions. A good meat mixture may be made of 1 $\frac{1}{2}$ cups ground cooked meat and 2 teaspoons horse-radish mixed with $\frac{1}{2}$ cup medium white sauce and seasonings.

Cranberry Rollers. Grate a little orange rind into the above pancake batter. When baked, spread each cake to edge with thick cranberry sauce, roll up lightly. Sprinkle with powdered sugar. Serve with honey, thinned with a little orange juice.

Apple Pancake Dessert. Make double size pancakes, allowing generous $\frac{1}{3}$ cup batter for each. Stack in pile, spreading thick sweetened apple sauce between cakes. Sprinkle top with brown sugar or cinnamon and sugar, or serve with Log Cabin Syrup. Cut in pie-shaped wedges to serve. Makes 4 to 6 servings.

Apple butter, sweetened peaches or berries, puréed prunes or apricots, or fruit jam may also be used as filling for pancakes.

Desserts *that add Joy*



★ JELL-O FRUIT REFRESHERS

1½ to 2 cups fresh strawberries
1 cup sugar

1 package Strawberry Jell-O
2½ cups hot water and fruit
juice

Combine berries and sugar and let stand 10 minutes. Dissolve Jell-O in hot water. Pour over berries. Chill, stirring occasionally as Jell-O sets to give soft jelled appearance. Serve in sherbet

Try also 1½ cups grapefruit or orange sections with Orange or Raspberry Jell-O; or 1 cup fresh or canned peach slices and bit of grated orange rind with Strawberry Jell-O; or 1 cup cherries with Raspberry Jell-O and a little almond flavoring. With sweetened canned fruits, sugar may be omitted.

★ SPECIAL BROWN BETTY

3 cups thinly sliced apples
2 tablespoons butter or
margarine

¼ teaspoon salt

1 cup granulated sugar or
firmly packed brown
sugar

¾ cup Grape-Nuts*

½ teaspoon cinnamon

Arrange apples in greased baking dish. (If apples are not tart, sprinkle with a little lemon juice.) Cream together butter, salt, and sugar. Add Grape-Nuts and cinnamon and mix well. Spread over apples. Bake, covered, in moderate oven (350° F.) 30 minutes; then remove cover and bake 15 minutes longer, or until apples are tender. Serve plain or with cream. Makes 4 to 6 servings.

*Or use 1½ cups Post Toasties, Grape-Nuts Flakes, or Post's 40% Bran Flakes instead of Grape-Nuts.

★ FRUIT TAPIOCA

Fresh or canned fruit
2½ cups fruit juice and water
4 tablespoons Minute Tapioca

½ cup sugar
¼ teaspoon salt
1 to 3 tablespoons lemon juice

Fresh Fruit Tapioca. Use strawberries, raspberries, blueberries, or other fresh fruit. Sweeten 2 cups crushed or sliced fruit and let stand ½ hour. Drain; add water to juice to make 2½ cups. Use 4 to 5 tablespoons Minute Tapioca.

Canned Fruit Tapioca. Use 1 to 1½ cups drained diced canned fruit, such as canned pineapple, peaches, pears, cherries, or plums.

Measure fruit juice and water into saucepan. Add Minute Tapioca, sugar, and salt and mix well. Bring mixture quickly to a full boil over direct heat, stirring constantly. Remove from fire. (Mixture will be thin. *Do not overcook.*) Add fruit and lemon juice. Cool, stirring often as mixture thickens. Chill. Serves 6 to 8.

★ DANISH APPLE DESSERT

1½ tablespoons butter or margarine
3 cups Post Toasties, or 2 cups Grape-Nuts Flakes or Post's
40% Bran Flakes
2 cups or No. 2 can apple sauce

Melt butter in small skillet. Crush and add cereal flakes and heat slowly until crisp and golden brown, stirring constantly. Place thin layer of apple sauce in dessert dishes. Add layer of flakes, then layer of apple sauce. Repeat, topping with apple sauce. Serve at once with cream. Makes 4 to 6 servings.

★ POSTUM JELL-O PUDDING

1 package Jell-O Vanilla Pudding
2 teaspoons Instant Postum
2 cups milk

Place pudding powder and Instant Postum in saucepan. Add milk gradually, stirring constantly. Place over medium flame and cook until mixture comes to a boil and is thickened, stirring constantly. Stir occasionally while cooling. Pour into sherbet glasses. Chill. Serve plain or with cream. Makes 4 to 6 servings.

★ LOUISIANA TAPIOCA CREAM

3 tablespoons Minute Tapioca
¼ teaspoon salt
2 cups milk
1 egg white, unbeaten

½ cup strawberry preserves or
any fruit jam
2 teaspoons lemon juice
1 teaspoon grated lemon rind

Combine Minute Tapioca, salt, and milk in saucepan. Bring mixture quickly to a full boil over direct heat, stirring constantly. Remove from fire. (Mixture will be thin. *Do not overcook.*) Cool slightly. Place egg white and preserves in bowl. Beat with rotary beater until stiff and creamy. Fold in tapioca mixture. Add lemon juice and rind. Pile lightly in sherbet glasses. Chill. Makes 6 servings.

GRAPE-NUTS PUFF PUDDING

WHEAT-MEAL INDIAN PUDDING

★ BAKED POSTUM CUSTARD

- | | |
|------------------------------|--|
| 3 cups milk | $1\frac{1}{2}$ to $1\frac{3}{4}$ cup sugar |
| 2 tablespoons Instant Postum | $1\frac{1}{2}$ teaspoon salt |
| 3 eggs, slightly beaten | $1\frac{1}{2}$ teaspoon vanilla |

Coconut Postum Custard. Place 1 tablespoon Baker's Premium Shred Coconut in custard cup. Fill with Postum custard and bake.

Spicy Postum Custard. Sprinkle tops of Postum custard with cinnamon or nutmeg before baking.

● *It's not so easy to figure out good desserts on a sugar ration. Yet desserts are very important; they make a family feel mellow and well-treated, and they give you a chance to use nourishing milk, eggs, fruit, and cereal, in ways that everyone likes. So welcome these desserts that call for so little precious sugar.*



★ ONE-EGG WONDER CAKE

2 cups sifted Swans Down Cake Flour	
2 teaspoons Calumet Baking Powder	
$\frac{1}{4}$ teaspoon salt	1 egg, unbeaten
$\frac{1}{4}$ or $\frac{1}{3}$ cup shortening	$\frac{3}{4}$ cup milk
1 cup sugar*	1 teaspoon vanilla

**To save sugar, substitute corn syrup or honey for half of sugar. Use $\frac{1}{2}$ cup sugar and $\frac{1}{2}$ cup syrup; decrease milk 3 tablespoons.*

Sift flour once, measure, add baking powder and salt, and sift together three times. Cream shortening, add sugar gradually, and cream together well. Add egg and beat very thoroughly. Add flour, alternately with milk, in small amounts at a time, beating after each addition until smooth. Add vanilla. Bake in greased pan, 9x9x2 inches, in moderate oven (350° F.) 45 to 50 minutes. Add Praline Topping.

Praline Topping. Mix together $\frac{1}{4}$ cup firmly packed brown sugar, 2 teaspoons Swans Down Cake Flour, $\frac{1}{3}$ cup chopped nut meats, 2 tablespoons melted butter, and 1 tablespoon water. Spread on warm 9x9x2-inch cake in pan. Return to oven and bake 5 minutes.

Layer, Square, or Cup Cakes. This one-egg cake may be baked in many ways: in two greased 8-inch layer pans in moderate oven (375° F.) 20 to 25 minutes, or in greased square 8x8x2-inch pan in moderate oven (350° F.) 45 to 50 minutes. Or bake in greased cup-cake pans in moderate oven (375° F.) 20 minutes, or until done. Makes 2 dozen cup cakes. On page 38, are Ready-mixed Fillings, appropriate to use for these cakes.

Orange Syrup Cake. Flavor the one-egg cake with 1 teaspoon grated orange rind. After baking, let cake cool $\frac{1}{2}$ hour. Mix together $\frac{1}{2}$ cup orange juice and $\frac{1}{4}$ cup sugar, and spread on cake at intervals, 1 or 2 tablespoons at a time, until all orange syrup is used.

Cakes *to make often*

★ DELICIOUS COTTAGE PUDDING

★ LUNCH BOX SURPRISES

Chocolate Cakes. Melt 1 square Baker's Unsweetened Chocolate. Add to half of batter. Turn into greased pans, top with nuts.

Spice Cakes. Add 1 tablespoon molasses, $\frac{3}{4}$ teaspoon cinnamon, 1 teaspoon mace, and $\frac{1}{4}$ cup chopped raisins to half of batter; blend.

Coconut Cakes. Turn half of batter into greased pan and sprinkle with $\frac{1}{4}$ cup Baker's Premium Shred Coconut.

Grape-Nuts Flakes Cakes. Turn half of batter into greased pan. Mix 2 tablespoons each melted butter and brown sugar, crush and add 1 cup Grape-Nuts Flakes. Sprinkle on batter.

★ EGGLESS CHOCOLATE CAKE

2 squares Baker's Un-sweet-
ened Chocolate
1 cup milk
1 $\frac{3}{4}$ cups sifted Swans Down
Cake Flour

$\frac{3}{4}$ teaspoon soda
 $\frac{3}{4}$ teaspoon salt
 1 cup sugar
 $\frac{1}{2}$ cup shortening
 1 teaspoon vanilla

Combine chocolate and milk in top of double boiler and cook over rapidly boiling water 5 minutes, stirring occasionally. Blend with rotary egg beater; cool. Sift flour once, measure, add soda, salt, and sugar, and sift three times. Cream shortening; add flour mixture, vanilla, and chocolate mixture. Stir until all flour is dampened. Then beat vigorously $\frac{1}{2}$ minute. Bake in greased pan, 8x8x2 inches, in moderate oven 350° F., 50 minutes. Spread Mocha Cream page 38 over top of cake.



● Pictured on page 30 is a group of cakes made from the easy One-Egg Wonder Cake recipe—praline square cake, cream layers, surprise bars, and spice cakes with raisins.

★ GINGERBREAD

2½ cups sifted Swans Down Cake Flour
2½ teaspoons Calumet Baking Powder
¼ teaspoon soda
½ teaspoon salt
1 to 2 teaspoons ginger
1 teaspoon cinnamon
½ cup molasses
½ cup sugar
⅓ cup shortening
1 egg, well beaten
¾ cup milk

Sift flour once, measure, add baking powder, soda, salt, spices, and sugar, and sift together three times. Cream shortening. Add dry ingredients, egg, milk, and molasses and stir until all flour is dampened. Then beat vigorously 1 minute. Bake in greased pan, 8x8x2 inches, in moderate oven (350° F.) 50 minutes, or until done. Serve plain, or cut in squares and top with Whipped Cream, or Orange or Lemon Whipped Cream (page 37). Or serve hot with apple sauce or with this thrifty pudding sauce:

Yankee Sauce. Mix together ½ cup firmly packed brown sugar, 2 tablespoons cornstarch, and a dash of salt. Add 2 cups water, 2 tablespoons butter or margarine, and, if desired, ½ cup raisins. Boil 10 minutes, stirring well. Add 1½ tablespoons vinegar.

★ LOG CABIN UPSIDE DOWN CAKE

1¼ cups sifted Swans Down Cake Flour
1½ teaspoons Calumet Baking Powder
¼ teaspoon salt
¾ cup sugar*
4 tablespoons shortening
1 egg, well beaten
½ cup milk
1 teaspoon vanilla
2 tablespoons butter or margarine
⅓ cup Log Cabin Syrup
4 slices canned pineapple

Sift flour once, measure, add baking powder, salt, and sugar, and sift together three times. Cream shortening. Add dry ingredients, egg, milk, and vanilla, and stir until all flour is dampened, then beat vigorously 1 minute.

Melt butter in 8x8x2-inch pan or 8-inch skillet over low flame. Remove from fire and add syrup. On this arrange pineapple slices. Turn batter out on contents of pan. Bake in moderate oven (350° F.) 50 minutes, or until done. Loosen cake from sides of pan with knife or spatula. Turn upside down on dish with pineapple on top. Serve plain, or with Whipped Cream (page 37).

*Or substitute Log Cabin Syrup for half of sugar. Use 6 tablespoons of each; decrease milk to ⅓ cup.

*Or, for added fruit flavor in the cake, the syrup drained from canned fruit may be used in batter. Use ⅓ cup syrup and omit milk; decrease sugar to ½ cup.

Other fruits may be used instead of pineapple. Use 1½ cups fruit, well drained. Try halved cranberries or sliced peaches with grated orange rind or a dash of cinnamon. Or sliced pears with a sprinkling of ginger. Or halved plums with a little lemon rind.

War-working lunches must offer good square meals, appealing each day. So don't forget: 1. A thermos bottle for soup, cocoa, milk, or Postum. 2. These useful sandwich spreads. 3. Changes in breads, whole grain and enriched. 4. Lunch cakes and cookies. 5. Desserts to pack in jars or paper cups. 6. Crisp relishes and fresh fruit.



Cheer for *Lunch Boxes*

★ BUTTER-SAVER SPREAD

$\frac{1}{2}$ pound butter or margarine
1 cup milk
 $\frac{1}{2}$ teaspoon salt

$1\frac{1}{2}$ teaspoons ($\frac{1}{2}$ envelope
Minute Gelatin or
granulated gelatin

Let butter stand in warm place. Work with spoon until very soft, but not melted or oily.

Add $\frac{1}{4}$ cup milk gradually to salt and gelatin in small bowl or top of double boiler. Heat over boiling water until gelatin is completely dissolved, stirring constantly. Add remaining milk and heat until just lukewarm. (If hot, cool to lukewarm.) Add to softened butter, a small amount at a time, beating with rotary egg beater after each addition until blended. Store in covered dish in refrigerator. Makes 2 to $2\frac{1}{4}$ cups.

This spread is delicious on bread, rolls, crackers, and in sandwiches. It is not recommended for cooking uses.

One-fourth cup water and $\frac{3}{4}$ cup evaporated milk may be substituted for fresh milk, using water to dissolve gelatin.

★ MAYONNAISE SPREAD

1 tablespoon (1 envelope
Minute Gelatin or
granulated gelatin
1 tablespoon cold water
3 tablespoons boiling water

$\frac{1}{2}$ cup fresh or evaporated
milk
 $\frac{1}{2}$ cup mayonnaise or salad
dressing
 $\frac{1}{2}$ pound butter or margarine

Soften gelatin in cold water. Add boiling water and stir until gelatin is completely dissolved. Add milk and blend. Add gelatin mixture gradually to mayonnaise, stirring until smooth. Cool until thickened. (Do not chill in ice water.)

Let butter stand in warm place. Work with spoon until very soft, but not melted or oily. Add mayonnaise mixture to softened butter, $\frac{1}{4}$ at a time, beating with rotary egg beater after each addition until blended. Store in covered dish in refrigerator. Makes about $2\frac{1}{2}$ cups or enough for 20 sandwiches, 2 tablespoons each.

Savory Spreads for sliced meat or cheese sandwiches, or for spreading on crackers and snacks, may be made by adding special seasonings to Mayonnaise Spread. For each sandwich, use 2 tablespoons of the spread. Add 1 teaspoon drained horse-radish and a little minced parsley; or 1 teaspoon prepared mustard; or 2 teaspoons drained piccalilli; or 2 teaspoons ketchup; or 2 tablespoons minced olives; or 2 teaspoons grated orange rind, mixed with 1 teaspoon granulated sugar and $1\frac{1}{2}$ teaspoons brown sugar.

★ SANDWICH FILLING COMBINATIONS

For moist, flavor-full sandwich fillings, combine Mayonnaise Spread with other sandwich ingredients. Work the spread to right consistency for spreading, then add ingredients as suggested below and season to taste. Each mixture makes 2 or 3 sandwiches.

Ham and Cucumber Filling. To 3 tablespoons spread, add $\frac{1}{2}$ cup diced cooked ham, $\frac{1}{4}$ cup minced cucumber, 1 teaspoon horse-radish. Or omit cucumber and add 1 teaspoon prepared mustard.

Snappy Peanut Butter Filling. To 3 tablespoons spread, add 3 tablespoons peanut butter and $1\frac{1}{2}$ tablespoons chili sauce.

Liverwurst and Celery Filling. To 3 tablespoons spread, add $\frac{1}{4}$ cup cut celery, $\frac{1}{4}$ cup mashed liverwurst, 1 teaspoon prepared mustard.

Egg and Olive Filling. To 4 tablespoons spread, add 2 hard-cooked eggs, chopped, $1\frac{1}{2}$ tablespoons chopped stuffed olives, $\frac{1}{2}$ teaspoon prepared mustard, $\frac{1}{4}$ teaspoon Worcestershire sauce.

Cream Cheese, Raisin, and Carrot Filling. To 3 tablespoons spread, add 3 tablespoons cream cheese, $\frac{1}{4}$ cup cut raisins, $\frac{1}{4}$ cup grated carrot.

American Cheese Filling. To 2 tablespoons spread, add $\frac{3}{4}$ cup grated American cheese and $1\frac{1}{4}$ tablespoons milk.

★ CHICKEN SALAD SANDWICH FILLING

1 cup chicken stock	$\frac{1}{4}$ cup chopped celery
3 tablespoons Minute Tapioca	2 tablespoons chopped sweet pickle
1 teaspoon salt	1 tablespoon cut pimiento
$\frac{1}{8}$ teaspoon pepper	1 tablespoon vinegar
$\frac{1}{8}$ teaspoon paprika	$\frac{1}{4}$ cup mayonnaise
1 cup chopped cooked chicken	

Combine stock, Minute Tapioca, salt, pepper, and paprika in saucepan and mix well. Bring mixture quickly to a full boil over direct heat, stirring constantly. Remove from fire. Add remaining ingredients and blend. Cool. Makes 2 cups filling or enough for 16 sandwiches. This moist filling will not soak into bread.

Not everyone can handle a cow or chickens, or grow a Victory Garden. But we all can manage our own private larder, and wage a war on wasting food at home. So let's accept new rationing with good grace and find intelligent ways to solve each new food problem as it comes. Here are a few, just as a springboard.



Food tips and *Ideas*

★ BEST WAYS TO SAVE COFFEE

Test-proved with Maxwell House Coffee, Sanka, and Kaffee-Hag

Buy coffee only when you need it; and only 1 pound at a time.

Keep coffee in original container, tightly covered, in cool place.

Use the right grind, the one suited to your coffee-maker. This means, *drip grind* for drip pots and vacuum-type glass coffee-makers; *regular grind* for percolator and boiled coffee. Drip grind may be used for percolator, using a little less coffee; the coffee will have good body but be less clear.

Make only as much coffee as you need; measure both coffee and water accurately.

Find the proportions you like. You can use less coffee than usual. With drip pot use extra filter or repour coffee through grounds once. With percolator, percolate 3 or 4 minutes longer. With vacuum-type maker, stir coffee in upper bowl and let stand 4 or 5 minutes longer. These methods are especially helpful in making small amounts of coffee, such as 1 or 2 cups.

Serve coffee in warmed cups, or cups rinsed with hot water.

Scour and air coffee-maker; keep it scrupulously clean. Scald before using to remove all stale odors.

★ SPENDING FOOD POINTS WISELY

When you go searching for food-point bargains do not overlook the low point-values of Birds Eye fruits and vegetables. These quality, quick-frozen foods are farm-fresh, free from waste, ready to use. The package weight is the weight of actual food! Birds Eye means full value for your food points and your money!

★ JELL-O WHIPPED CREAMS

$\frac{1}{2}$ package ($\frac{1}{4}$ cup) Jell-O, Strawberry, Raspberry, Cherry, Lemon, Orange, or Lime

$\frac{1}{4}$ cup boiling water 1 cup light cream

Dissolve Jell-O in boiling water. Add cream and mix well. Place in bowl of ice and water and whip with rotary egg beater 5 to 7 minutes, or until mixture begins to hold shape around sides of bowl. Remove from ice water. Stir gently with spoon until smooth. Serve; or store in refrigerator, stirring well before using.

Mixture may be chilled in refrigerator instead of ice water. When thickened, beat until light and fluffy. Return to refrigerator to set slightly. Before using, stir until smooth.

★ HOW TO WHIP LIGHT CREAM

$1\frac{1}{2}$ teaspoons ($\frac{1}{2}$ envelope)

$\frac{1}{4}$ cup milk

Minute Gelatin or
granulated gelatin

1 cup light cream
Dash of salt

To gelatin in small bowl add milk gradually, mixing well. Heat over boiling water until gelatin is completely dissolved, stirring constantly. Remove from boiling water, add cream and salt, and mix. Place in bowl of ice and water and whip at once as directed for Jell-O Whipped Creams (above).

★ CRIMSON SAUCE, WITHOUT SUGAR

2 tablespoons hot water

1 teaspoon lemon juice

$\frac{1}{2}$ cup tart red jelly or jam

Dash of salt

Add hot water to jelly and stir until blended. Add lemon juice and salt. (If jam is used, strain mixture.) Serve on cottage pudding or other desserts. Makes $\frac{1}{2}$ cup sauce.

Currant, cherry, strawberry, or red raspberry jelly or jam are especially good flavors to use in this sauce.

★ COCOA SYRUP FOR CHOCOLATE TREATS

1 cup Baker's Breakfast
Cocoa

$\frac{1}{4}$ teaspoon salt

1 to $1\frac{1}{2}$ cups sugar*

1 cup cold water

2 teaspoons vanilla

Combine cocoa, sugar, and salt in saucepan. Add cold water slowly and place over low flame, stirring until smooth; then boil gently 3 minutes, stirring constantly. Add vanilla. Turn into jar; cover tightly. Keep in refrigerator. Makes about 2 cups syrup.

Keep a jar of cocoa syrup in refrigerator, ready to use hot or cold as fudge sauce on cakes and puddings, or in making chocolate milk shakes for family treats or refreshment. For cold drinks, use 2 tablespoons cocoa syrup to 1 cup milk. Malted milk powder, a well-beaten egg, or dash of peppermint extract may be added. Shake well in shaker or beat with rotary egg beater to mix.

*Or use equal parts sugar and corn syrup in this recipe.

★ READY-MIXED CAKE FILLINGS

To make creamy cake fillings and frostings that use none of your precious sugar, use *Jell-O Puddings*. These come ready-mixed in chocolate, butterscotch, and vanilla flavors. Prepare as directed for cake fillings on each package, adding $1\frac{1}{2}$ cups milk or other liquid to 1 package *Jell-O Pudding*. Cook and use as filling or cream topping for one-egg cake, lemon or spice cup cakes, and chocolate cake (pages 30, 31, 33). Makes enough filling for two 8- or 9-inch layers. Extra good flavor combinations include:

Chocolate Filling. Use *Jell-O Chocolate Pudding* and milk (or milk and coffee) for liquid. Add $\frac{1}{2}$ cup broken nut meats, if desired. Good with plain cake, chocolate cake, or spice cake.

Butterscotch Filling. Use *Jell-O Butterscotch Pudding* and milk for liquid. Add $\frac{1}{2}$ cup broken nut meats, if desired. Good with plain cake and chocolate cake.

Vanilla Filling. Use *Jell-O Vanilla Pudding* and milk (or milk and coffee) for liquid in making filling. Good with plain cake, spice or lemon cakes, and chocolate cake.

Mocha Cream. Use *Jell-O Vanilla Pudding* and, for liquid, $1\frac{1}{4}$ cups strong coffee and $\frac{1}{3}$ cup milk. Add 1 square Baker's Unsweetened Chocolate. Cook as directed. Use as frosting or filling on plain cake, spice cake, or chocolate cake.

★ A HOME BEVERAGE, NOT RATIONED

Postum is a delicious beverage that the whole family can enjoy. Made of wholesome whole wheat and bran, carefully roasted and sweetened slightly, this beverage has a mellow satisfying flavor. It is equally good hot or cold and it is inexpensive.

Postum comes in two forms. One is *Postum Cereal* to boil or percolate. The other form is *Instant Postum* which can be mixed instantly right in pot or cup with either boiling water or hot milk.

Postum-made-with-milk is one of the most nourishing of drinks. It combines well with evaporated milk, too. And children like Postum as a flavor change for milk.

★ COMPANY CREAM SPONGE

For a delicious dessert that is like Bavarian cream yet calls for no cream, combine *Jell-O* and *Jell-O Vanilla Pudding* in this excellent big-family or party dessert.

Prepare 1 package *Jell-O* (any flavor) and 1 package *Jell-O Vanilla Pudding* as directed on packages. Chill pudding. Chill *Jell-O* until cold and syrupy. Place in bowl of cracked ice or ice water and whip with rotary egg beater until fluffy and thick like whipped cream. Add chilled pudding gradually, beating constantly until blended. Turn into sherbet glasses or large serving dish. Chill until firm. Serve plain or top with *Jell-O* cubes. Makes 10 to 12 servings.

★ WINDOW BOX HERBS

If you have a sunny window box or a garden corner near the kitchen door you can grow many delightful flavors in herbs.

Chives, parsley, marjoram, rosemary, summer savory, sweet basil, thyme, and rose geranium are all suitable and need only well-drained, workable soil, weeding, and cultivation. Mint grows almost anywhere but likes damp soil and room for spreading. Sage grows readily in the dry, warm garden with some shade.

TO DRY HERBS, tie stalks with leaves loosely in small bunches; hang in well ventilated sunny room or attic. (Parsley should be dried on trays in the oven, repeating several times.) After several day's drying, strip off leaves and rub them through a sieve, or pound in a mortar. Store in tightly covered glass jars.

TO USE HERBS, use small amounts to give interesting flavor, not enough to dominate the dish. A pinch of dried herbs may be added to hot dishes at any time. Fresh herbs should be added near the end of the cooking period, for when overcooked, fresh herbs often become bitter. Herbs should be added to cold dishes well ahead of serving, for the flavor develops slowly.

Basil. Use in salads, with tomatoes, peas, potatoes, eggs, beef, in black bean or turtle soup, and fish sauces.

Celery leaves, too, should be saved, washed, drained, and spread on trays to dry. Use in soups, stews, stuffings, and loaves.

Chires. Use in salads, cheese and egg dishes, with new potatoes, mashed potatoes, on fish, or in soup.

Mint. Use in salads, slaw, fruit drinks, with carrots, new potatoes, peas, in pea soup, stuffings, and sauces for lamb.

Mint vinegar. Bruise fresh mint leaves to fill a glass jar loosely. Fill jar with vinegar, cover, and let stand 2 weeks. Drain.

Marjoram. Use with meats, especially veal and chicken, with pork and lamb, fish, in soups, stuffing, with spinach, mushrooms, squash, tomatoes, cream cheese.

Parsley. Use in salads, sauces, soups. Also as a garnish.

Rose geranium. Use as scent or in jelly. (Place leaf in jelly glass.)

Rosemary. Use with all meats, especially lamb and veal, and a pinch in salads. Also in sweet sauces.

Sage. Use in stuffing, with pork, with onions, in cheese making.

Savory. Use in salads, with beans and peas, meat, and as garnish.

Thyme. Use in stuffings, with beef and onion dishes, in mayonnaise, with peas, carrots, cheese.



• Just a drop, a sprinkling, are these Recipes for Today. But let them grow. They'll be Grand Strategy for your war kitchen, and help you help Uncle Sam.

recipes for today



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